



Rainier Beach Pool

8825 Rainier Ave S.
Seattle, WA 98118



Winter 2016 SWIMMING LESSONS

January 4th— March 20th, 2016

Registration Begins: Tuesday, December 1st, 2015, at Noon

Online: ----- www.seattle.gov/parks

In Person: ----- 8825 Rainier Ave S

By Phone: ----- 206.386.1925

Class	Days	Times	Dates	# Classes	Cost	Barcode
TOTS 6 months- 4 years	Monday	10:00-10:30 AM	1/4-3/14	9	\$63.00	142886
	Monday	5:30-6:00 PM	1/4-3/14	9	\$63.00	142887
	Tuesday	10:00-10:30 AM	1/5-3/15	11	\$77.00	142888
	Tuesday	6:00-6:30 PM	1/5-3/15	11	\$77.00	142889
	Wednesday	10:30-11:00 AM	1/6-3/16	11	\$77.00	142890
	Wednesday	5:30-6:00 PM	1/6-3/16	11	\$77.00	142891
	Thursday	10:00-10:30 AM	1/7-3/17	11	\$77.00	142892
	Thursday	6:00-6:30 PM	1/7-3/17	11	\$77.00	142893
	Friday	10:00-10:30 AM	1/8-3/18	11	\$77.00	142894
	Friday	5:30-6:00 PM	1/8-3/18	11	\$77.00	142895
	Saturday	9:30-10:00 AM	1/9-3/19	11	\$77.00	142896
	Sunday	10:00-10:30 AM	1/10-3/20	11	\$77.00	142897
Class	Days	Times	Dates	# Classes	Cost	Barcode
3 Year Olds Monday through Wednesday	Monday	10:00-10:30 AM	1/4-3/14	9	\$112.50	142865
	Monday	5:00-5:30 PM	1/4-3/14	9	\$112.50	142866
	Monday	5:30-6:00 PM	1/4-3/14	9	\$112.50	142867
	Tuesday	10:00-10:30 AM	1/5-3/15	11	\$137.50	142868
	Tuesday	10:30-11:00 AM	1/5-3/15	11	\$137.50	142869
	Tuesday	4:30-5:00 PM	1/5-3/15	11	\$137.50	142870
	Tuesday	6:00-6:30 PM	1/5-3/15	11	\$137.50	142871
	Wednesday	10:00-10:30 AM	1/6-3/16	11	\$137.50	142872
	Wednesday	10:30-11:00 AM	1/6-3/16	11	\$137.50	142873
	Wednesday	5:00-5:30 PM	1/6-3/16	11	\$137.50	142874
	Wednesday	5:30-6:00 PM	1/6-3/16	11	\$137.50	142875

No class 1/18 (Martin Luther King Jr Day) or 2/15 (Presidents Day)

Class	Days	Times	Dates	# Classes	Cost	Barcode
3 Year Olds Thursday through Sunday	Thursday	10:00-10:30 AM	1/7-3/17	11	\$137.50	142876
	Thursday	4:30-5:00 PM	1/7-3/17	11	\$137.50	142877
	Thursday	6:00-6:30 PM	1/7-3/17	11	\$137.50	142878
	Friday	10:00-10:30 AM	1/8-3/18	11	\$137.50	142879
	Friday	10:30-11:00 AM	1/8-3/18	11	\$137.50	142880
	Friday	5:00-5:30 PM	1/8-3/18	11	\$137.50	142881
	Saturday	9:00-9:30 AM	1/9-3/19	11	\$137.50	142882
	Saturday	9:30-10:00 AM	1/9-3/19	11	\$137.50	142883
	Saturday	2:45-3:15 PM	1/9-3/19	11	\$137.50	142884
	Sunday	10:00-10:30 AM	1/10-3/20	11	\$137.50	142885
Class	Days	Times				
Kinder Ages 4 and 5 Years Old	Monday	10:30-11:00 AM	1/4-3/14	9	\$76.50	142834
	Monday	4:30-5:00 PM	1/4-3/14	9	\$76.50	142835
	Monday	6:00-6:30 PM	1/4-3/14	9	\$76.50	142836
	Tuesday	10:30-11:00 AM	1/5-3/15	11	\$93.50	142843
	Tuesday	5:00-5:30 PM	1/5-3/15	11	\$93.50	142844
	Wednesday	10:00-10:30 AM	1/6-3/16	11	\$93.50	142845
	Wednesday	4:30-5:00 PM	1/6-3/16	11	\$93.50	142846
	Wednesday	6:00-6:30 PM	1/6-3/16	11	\$93.50	142847
	Thursday	10:30-11:00 AM	1/7-3/17	11	\$93.50	142841
	Thursday	5:00-5:30 PM	1/7-3/17	11	\$93.50	142842
	Friday	10:30-11:00 AM	1/8-3/18	11	\$93.50	142831
	Friday	4:30-5:00 PM	1/8-3/18	11	\$93.50	142832
	Friday	6:00-6:30 PM	1/8-3/18	11	\$93.50	142833
	Saturday	9:00-9:30 AM	1/9-3/19	11	\$93.50	142839
	Saturday	10:00-10:30 AM	1/9-3/19	11	\$93.50	142837
	Saturday	2:45-3:15 PM	1/9-3/19	11	\$93.50	142838
	Sunday	10:30-11:00 AM	1/10-3/20	11	\$93.50	142840
School of Fish Ages 6-12 Years Old	Saturday	9:00-9:30 AM	1/9-3/19	11	\$0-22	142855

No class 1/18 (Martin Luther King Jr Day) or 2/15 (Presidents Day)

SCHOOL OF FISH

School of FISH is a **beginning** swimming lesson program for families offered at a discount pricing of \$2 per lesson for a paired **parent and child**. The first session is **free**! You must register ahead of time in person at the pool, online or over the phone. Intended for elementary and middle school-aged children with their parent, **each child must be accompanied 1:1 in the water by an adult**. Beginning swimming skills taught include: water adjustment, bubble blowing, breath holding, kicking on front, back float and using a life jacket.

Class	Days	Times	Dates	# Classes	Cost	Barcode
Beginning Swimmer Ages 6-16 Years Old	Monday	6:30-7:00 PM	1/4-3/14	9	\$63.00	148819
	Tuesday	5:30-6:00 PM	1/5-3/15	11	\$77.00	142828
	Tuesday	6:30-7:00 PM	1/5-3/15	11	\$77.00	142829
	Wednesday	6:30-7:00 PM	1/6-3/16	11	\$77.00	142830
	Thursday	5:30-6:00 PM	1/7-3/17	11	\$77.00	142826
	Thursday	6:30-7:00 PM	1/7-3/17	11	\$77.00	142827
	Saturday	10:30-11:00 AM	1/9-3/19	11	\$77.00	142820
	Saturday	11:30 AM - 12:00 PM	1/9-3/19	11	\$77.00	142821
	Saturday	2:45-3:15 PM	1/9-3/19	11	\$77.00	142822
	Sunday	10:00-10:30 AM	1/10-3/20	11	\$77.00	142823
	Sunday	11:00-11:30 AM	1/10-3/20	11	\$77.00	142824
	Sunday	11:30-12:00 PM	1/10-3/20	11	\$77.00	142825
Advanced Swimmer Ages 6-16 Years Old Levels 4-6	Monday	5:30-6:00 PM	1/4-3/14	9	\$63.00	142812
	Tuesday	6:00-6:30 PM	1/5-3/15	11	\$77.00	142817
	Wednesday	5:30-6:00 PM	1/6-3/16	11	\$77.00	142818
	Thursday	6:00-6:30 PM	1/7-3/17	11	\$77.00	142816
	Friday	6:00-6:30 PM	1/8-3/18	11	\$77.00	142811
	Saturday	11:00-11:30 AM	1/9-3/19	11	\$77.00	142813
	Saturday	2:45-3:15 PM	1/9-3/19	11	\$77.00	142814
	Sunday	10:30-11:00 AM	1/10-3/20	11	\$77.00	142815
Pre-Competition Ages 6-17 Years Old	Friday	5:30-6:30 PM	1/8-3/18	11	\$154.00	142854
Special Population Ages 6-17 Years Old	Monday	4:00-4:30 PM	1/4-3/14	9	\$63.00	142856
	Tuesday	4:00-4:30 PM	1/5-3/15	11	\$77.00	142857
	Tuesday	5:30-6:00 PM	1/5-3/15	11	\$77.00	142858
	Wednesday	4:00-4:30 PM	1/6-3/16	11	\$77.00	142859
	Thursday	4:00-4:30 PM	1/7-3/17	11	\$77.00	142860
	Thursday	5:30-6:00 PM	1/7-3/17	11	\$77.00	142861
	Thursday	6:00-6:30 PM	1/7-3/17	11	\$77.00	142862
	Friday	4:00- 4:30 PM	1/8-3/18	11	\$77.00	142863
	Friday	5:30-6:00 PM	1/8-3/18	11	\$77.00	142864
Adult Stroke Development	Tues- Int	8:00-8:30 PM	1/5-3/15	11	\$77.00	142804
	Thurs- Adv	8:00-8:30 PM	1/7-3/17	11	\$77.00	142803
Beginning & Intermediate Adult Ages 16 & up	Monday	10:30-11:00 AM	1/4-3/14	9	\$63.00	142805
	Monday	6:00-6:30 PM	1/4-3/14	9	\$63.00	142806
	Wednesday	6:00-6:30 PM	1/6-3/16	11	\$77.00	142810
	Thursday	10:30-11:00 AM	1/7-3/17	11	\$77.00	142809
	Saturday	11:00-11:30 AM	1/9-3/19	11	\$77.00	142807
	Sunday	11:30 AM - 12:00 PM	1/10-3/20	11	\$77.00	142808

No class 1/18 (Martin Luther King Jr Day) or 2/15 (Presidents Day)

WOMEN OF THE WORLD LESSONS

Seattle Parks and Recreation is proud to offer single gender swimming lessons for women who, because of cultural or personal reasons cannot swim in a co-ed environment. During these programs the windows to the pool are covered for privacy and only female instructors are employed.

Class	Days	Times	Dates	# Classes	Cost	Barcode
TOTS 6 months- 4 years (Girls and Boys)	Sunday	5:30-6:00 PM	1/10-3/20	11	\$77.00	142898
Kinder Ages 4 and 5 Years Old (Girls Only)	Sunday	6:00-6:30 PM	1/10-3/20	11	\$93.50	142899
Beginning Swimmer Ages 6-16 Years Old (Females Only)	Sunday	5:30-6:00 PM	1/10-3/20	11	\$77.00	142900
Women & Teens 12 Year Old & up (Females Only)	Sunday	6:00-6:30 PM	1/10-3/20	11	\$77.00	142901

REFUNDS:

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, and special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge of \$5 or 10% of the class fee (whichever is greater).
- After the start of the second lesson, no refund of any kind will be given.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- A transfer from one class to another is permitted without cost if done on the same business day as the original registration, and is subject to space availability.
- No fee is charged for a transfer initiated by Seattle Parks and Recreation Staff when done to correct an error in registration or allow for a better recreation opportunity.

TOTS LESSONS

Ages: 6 months - 4 years

Under the guidance of an instructor, parents introduce their infants and toddlers to the swimming pool. We teach basic water adjustment and swimming movements using songs and games, with an emphasis on enjoyment and relaxation. Each child must be accompanied into the water by a parent or adult. Swim diapers or tight fitting plastic pants are required.

THREE-YEAR-OLDS LESSONS

Age: 3

Our certified instructors introduce children to these swimming skills: basic water adjustment skills, bubbles, breath-holding, front and back floats, kicking, arm pulls, and water safety skills. Children must have completed one session of Tots and must be willing to work in the water with an instructor. We maintain a 3:1 student to instructor ratio.

KINDER LESSONS

Ages: 4 & 5

Participants start with basic water adjustment and advance through: front and back floats, flutter kick, rolling from front to back, side breathing, crawl stroke with side breathing, backstroke, whip kick, treading water, diving, and water safety skills. On the first day of class children are sorted into groups by ability.

Do you know a child who needs a scholarship? To learn more about applying, or to receive a Low-Income Scholarship application, please contact your neighborhood pool. Funding is limited. Approved scholarships can be used for Kinders (ages 4 to 5), Beginning Swimmer (ages 6 to 16) and Advanced Swimmer (ages 6 to 16).



Seattle Children's
HOSPITAL • RESEARCH • FOUNDATION

BEGINNING SWIMMER LESSONS

Ages: 6 – 16

In our beginning youth class children will work on floating, bubbles, crawl stroke, side breathing, backstroke, whip kick, and diving. On the first day of class children are sorted into groups by ability.

ADVANCED SWIMMER LESSONS

Ages: 6 – 16

Prerequisite: Swimmers must have passed Beginning Swimmer Level 3, be comfortable in deep water, and swim 25 yards of good crawl stroke, backstroke, whip kick and dolphin kick. **Participants who do not meet this prerequisite will be moved to a Beginning Swimmer class if space is available.** Pretests are available for during Public Swims.

Advance swimmer adds breaststroke, butterfly, and backstroke along with longer distances and stroke refinement for children.

YOU CAN BE A SUPER HERO TOO! As part of our ongoing commitment to water safety, Seattle Parks and Recreation—in partnership with Seattle Children's Hospital and supplemented by donations from the community made to the You Can Be A Super Hero Too campaign—is offering scholarships to supplement the cost of swim lessons for youth ages 4 to 16.



Can you make a donation? To make your donation to the Seattle Parks and Recreation swim lesson scholarship fund, visit any Seattle Parks and Recreation swimming pool, or

donate online to www.arcseattle.org/get-involved/. For more information, call your local pool or 206-684-7185. Be a hero and help every child become a super swimmer!